Course Overview:

CrossFit is an evidence based strength and conditioning program built on consistently varied, if not randomized, functional movements executed at high intensity.

Objectives:
Greater awareness of the CrossFit method and how it relates to everyday life.
Increase muscle tone, strength and overall fitness.
Develop a core strength and conditioning program.

Grading & Evaluation
CrossFit will consist of a pass/fail grading system.
After three (3) absences, the student will lose all class credit and receive an “F” for the course.
   Only two (2) make-ups will be allowed.
Participation, attitude and attendance will be the main criteria on which the final grade will be determined.

Other
This is a non-competitive class. All participants should work at his/her own level. If you experience ANY of the following symptoms, please stop and alert your instructor immediately**

**Lightheaded/Dizziness
**Chest pain/Tightness
**Trouble Breathing
**Nausea
**Unusual fatigue

Students MUST sign the release form on Canvas prior to taking part in any activity class!!